ABSTRACT OF THE DISCLOSURE

A lubricant amount control apparatus and a lubricant amount control method make a lubricant amount in an automatic transmission appropriate based on input energy and a lubricant temperature. The lubricant amount control apparatus includes an input energy calculating device which calculates energy input to a power transmission mechanism, a supply amount calculating device which calculates a supply amount of lubricant based on the input energy and a controller which controls a lubricating device for supplying lubricant such that the calculated supply amount of lubricant is supplied to the power transmission mechanism. With this configuration, it is possible to efficiently cool a component of a power transmission. Also, since an unnecessarily excessive amount of lubricant is not supplied, it is possible to suppress consumption of driving energy supplied by a power source for driving a hydraulic device.